



AFTERSCHOOL PROGRAMS: Fun Physical Activity



Name of Activity: Go For the Goal

Grade Level: 3-5

Equipment

- 1 scarf or flag per student
- 4 cones or markers
- 1 football per pair of students

Skill Themes

- Chasing, Fleeing, & Dodging

Sport Skills & Strategy

- Ball Carrying
- Defending
- Faking
- Flag Pulling

Organization

- Designate a 5x5 yds. activity grid for each pair of students.
- Distribute one scarf to each student and one football to each pair. Students tuck the scarves into the backs of their waistbands.

Description

- One partner is the runner and stands with the ball at the starting line. The other is the defender and stands in the middle of their grid.
- Both players stand in ready position, 1 foot slightly in front of the other, knees bent, back straight.
- On the "hike" signal, the runner tries to cross the goal line without the defender pulling his/her scarf.
- When a scarf is pulled or a goal is crossed, rotate positions.
- Runners may not leave the designated area to avoid having their scarves pulled.

Teaching Suggestions

- Stress the NO BODY CONTACT rule!
- Remind the runners not to guard or hide their scarf but to dodge and fake to elude their partner.

Now Try This

- BASKETBALL, SOCCER, FLOOR HOCKEY: runners attempt to reach the goal line by using the dribbling skills associated with these sports.



Provided by: Eileen Avato

Used with permission from FlagHouse, Inc. and the CATCH Program

June 2012

ShapingNJ, The State Partnership for Nutrition, Physical Activity and Obesity Prevention

www.ShapingNJ.gov